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'THE FIRST TWO I FAKED IT': SANDLER

ADAM SANDLER AND DREW BARRYMORE 'CINEMATIC SOULMATES' FOR THE THIRD TIME WITH BLENDED, A ROM-COM ABOUT MIXING TWO FAMILIES PAGE 11

Strep throat could be key in cancer fight

Western scientists say bacteria can be used to engineer toxin that attaches itself to tumour cells PAGE 3

The 'curious' case of southwestern Ontario

Six visits to London in two weeks by province's three main party leaders PAGES 4 & 5

Englishman of Green Gables

Prince Charles delivers speech on 'meeting our common needs' during Royal visit to P.E.I. PAGE 6

KNIGHTS RIDE INTO STORM

"We want to cut the head off the snake," Guelph Storm captain Matt Finn said Tuesday. That snake he's talking about is the London Knights, and the comment is only a small part of the war of words that's broken out before the teams meet Wednesday on Memorial Cup ice. Tournament coverage, page 16. AARON BELL/CHL IMAGES

Council sings same tune on patio music

'Yes.' Pilot project starts this summer

MIKE DONACHIE
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There was harmony at city hall Tuesday as council finally agreed to let the music ring out this summer.

A pilot project will allow acoustic music to be played on patios of bars and restaurants across the city.

It took months of discussion to get it approved, and it almost didn't happen. The proposal had to survive a last-minute attempt to refer it back to city staff for more examination and to allow more public consultation.

The idea of a referral brought visible pain to many faces around the council chamber, with the refusal of food trucks on public streets fresh in everyone's minds. Some councillors pleaded with their colleagues to say "yes" to music.

One was Coun. Paul Hubert, who said: "Let's not be so prescriptive and so detail-oriented. Let's allow something to happen."

Coun. Denise Brown suggested allowing acoustic music (specifically music that has not been amplified) to be played on patios.

"Let's not be a stuffy city and let's enjoy our summer," Brown said Tuesday.

Also asking colleagues to allow the pilot project were Couns. Judy Bryant, Sandy White and Matt Brown.

"Over-analysis leads to paralysis," Matt Brown commented, reminding everyone that the entertainment bylaw will be reviewed in the fall and people can change or cancel it then. "Allow this idea to proceed so that we can get a sense of how the community will respond to it."

The possible stumbling block came from Coun. Joni Baechler's concern about how music on patios might affect nearby homes. She asked about including zones where it wouldn't be allowed, but city staff explained that would be a major change to the proposal.

In the end, the pilot project was supported by all 12 council members at the meeting.

Such consensus has become rare with this council.

"I think it would be fair to say that council currently does not have clarity of focus," Hubert said "Sometimes it takes an inordinate amount of time to find simple solutions that work."

More council coverage, page 3

NEWS 1

Pizza plant. Dr. Oetker expansion eyed by year's end

It's rare for a company to invite Ontario's premier to a grand opening only to serve pizza.

But it was fully appropriate Monday when Kathleen Wynne stopped for lunch at the Dr. Oetker plant in southwest London.

Production on what will generate 77,000 pizzas a day was well underway as Wynne, Mayor Joe Fontana and many others settled in for a slice or two at the facility that employs more than 70 people just off Veterans Memorial Parkway and Bradley Avenue.

Aside from the jobs, Dr. Oetker will buy millions of kilograms of ingredients every year from local growers, who are expected to feel the pinch when Kellogg's closes its London plant later this year.

The news could get even better for the local economy, said Dr. Christian von Twickel, executive vice-president of Dr. Oetker Canada. "Looking forward, we have designed this plant on this site in a way that we have massive expansion potential here," he said. "We've hired 74 experienced food-processing employees and are expecting to hire another 46 by the end of the year."

He told the audience that the first eight weeks of production have been "very promising." SCOTT TAYLOR/METRO

Value

The main facility represents $100 million investment in London plus another $35 million on a distribution centre next door.

Lawson on cusp of diabetes breakthrough

Aiming for a better night's sleep. Clinical trial testing out tool for preventing low blood sugar in young patients at night

SCOTT TAYLOR
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Research underway at Lawson Health Research Institute may dramatically reduce serious health risks children with Type 1 diabetes face when they sleep at night.

The clinical trial, expected to be complete by this fall, is evaluating a tool for preventing low blood sugar in diabetes patients while they sleep.

Low blood sugar, or hypoglycemia, is a condition that can lead to coma, seizures or death for individuals with diabetes. More than half of these episodes occur during sleep hours, doctors say.

Parents of children with Type 1 diabetes report the fear of hypoglycemia at night as one of their most serious concerns.

Dr. Cheril Clarson and Dr. Irene Hramiak, scientists at Lawson Health Research Institute, say insulin pumps rely on the user to monitor their blood sugar levels and adjust as necessary — a manual task that can't be performed while sleeping.

The tool being tested mimics a normal functioning pancreas. It combines a pump to deliver insulin, a glucose-monitoring system to measure blood sugars in the patient every five minutes and a computer algorithm that predicts when each individual is at risk for hypoglycemia.

Trials on adults were complete about a year ago and saw positive results.

"Children's bodies are different than adults and their hormonal responses and their handling of low and high blood sugars tends to be different," Hramiak said. "So we know that it's likely going to work. What we need to assess is does it work as well, better or differently in children."

If the results are as positive as expected, parents of children with Type 1 diabetes will sleep much better at night.

Lawson is the research institute of London Health Sciences Centre and St. Joseph's Health Care London.

Patient Heather Crosby with the device involved in the diabetes trial and a picture she drew about her experience. CONTRIBUTED

Wide reach

1%

The approximate percentage of Canadians who have Type 1 diabetes, according to Dr. Irene Hramiak of Lawson Health Research Institute

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Big bucks. Locals hit jackpot, split $1 million with Maxmillions ticket

A Maxmillions lottery ticket bought in St. Thomas has netted a $1 million jackpot for 10 people in Southwestern Ontario.

The prize came in the Lotto Max draw on May 2.

Members of the winning group include Londoners Christopher Gallien and Mitchell Heaton, James Wright of Thamsford, Woodstock residents Travis Bakker and Sean Elliott, Lonnie Balazs of Tillsonburg, James Nelson of St. Thomas and Kenneth Thorne of Ingersoll.

The two other winners, Kelly Givens and Aaron Skinner, live in Brantford. METRO

Rise2Fame. Community fun day to include talent search

If you're young, talented and want to wow an audience, the Rise2Fame Youth Talent Search is for you.

The Neighbourhood Resource Association of Westminster Park, in partnership with the Optimist Club of Westminster Park and the City of London, will be hosting its annual Community Fun Day on June 14, which includes the talent search.

Musicians, singers, dancers or entertainers between the ages of six and 21 can register for the event, held at Westminster Optimist Park. Registration closes May 25.

Winners of the preliminary talent search will move forward to compete at the Western Fair in September.

For more information or to register, check the Rise2Fame events page at westernfairdistrict.com. METRO

Celebration Centre

City moves concert hall forward

Council agreed Tuesday night to move the proposed concert hall project forward by passing its new business plan to consultants for examination.

The plans by Music London, a new non-profit that wants to create the Celebration Centre on the current site of Centennial Hall, will now be subject to that independent scrutiny. METRO

Proposal

Humane wildlife policy to be sought

Council has supported a move toward a wildlife management policy that allows animals to be killed only as a last resort.

There was some discussion among councillors about the wording of a proposal at the council meeting Tuesday, but the agreed principle was to develop a policy that is "humane."

Council also resolved to look into gaining some government funding for the initiative. METRO

LTC communications

Council still asking for strategy

The London Transit Commission does have a communications strategy, one councillor insisted Tuesday as he questioned the need for the organization to be told to draw one up.

Coun. Harold Usher objected to the request from a city working group on the future of transit, which was put before council.

He said that one already exists.

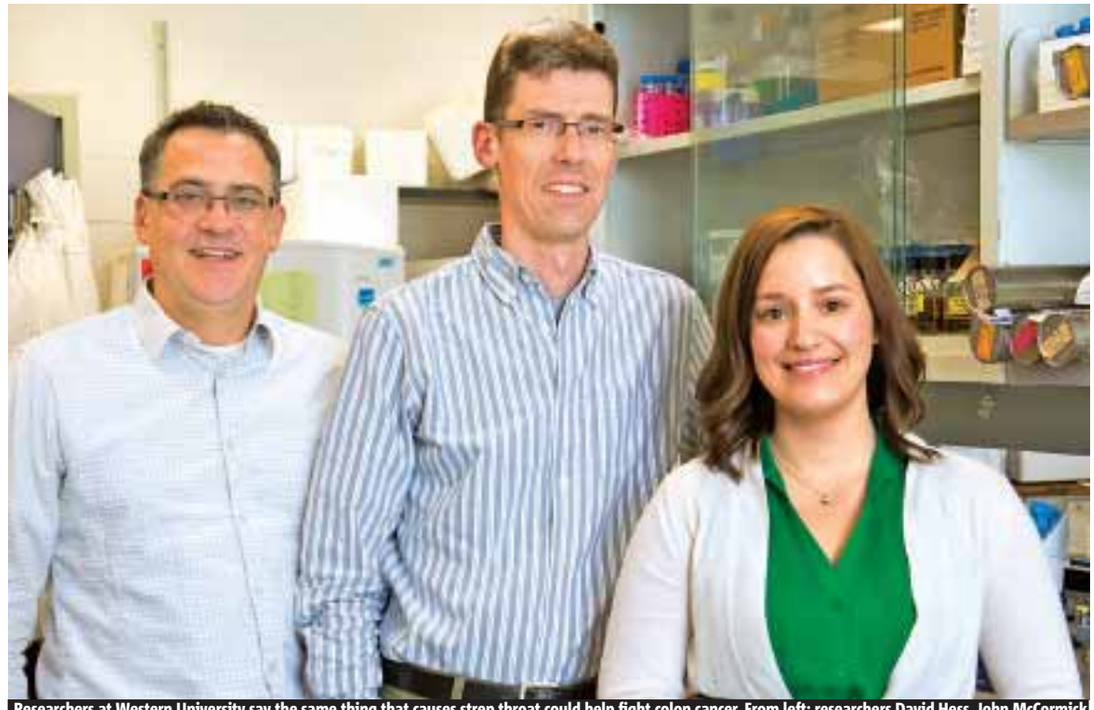
But Coun. Paul Hubert, who's part of the working group, said it wasn't so simple.

"It seems ironic that the long-term working group was not aware of that long-term communications strategy," Hubert said.

Hubert was the originator of the request.

The councillor wanted to see a wider community conversation about transit, so he asked that the request be made.

Usher eventually agreed with Hubert, as did the rest of council, who voted 12-0 to make the request. METRO



Researchers at Western University say the same thing that causes strep throat could help fight colon cancer. From left: researchers David Hess, John McCormick and Kelcey Patterson. COURTESY WESTERN UNIVERSITY

The sore throat that could fight cancer

Western research. Scientists say bacteria responsible for causing strep throat may have applications in treating colon cancer

MIKE DONACHIE
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A bug that normally gives you a sore throat could be the key to beating cancer, London researchers have found.

Western University scientists say the bacteria mainly responsible for causing strep throat could have applications in fighting colon cancer. It can be used to engineer a toxin that attaches itself to tumour cells, which forces the immune system to recognize and attack the cancer, they say.

Kelcey Patterson, a doctoral candidate at Western and the lead author on the study, showed the approach could significantly reduce the size of human colon cancer tumours in mice, with a reduction in the instances of metastasis.

The work was directed by Dr. John McCormick, an associate professor in the department of microbiology and immunology at the Schulich School of Medicine and Dentistry.

"Our team has been studying these bacterial toxins called 'superantigens' for their role in bacterial infections," he said. "But we are now utilizing the power of these toxins to re-direct the immune system to go after cancer cells."

The research was funded by the Canadian Institutes of Health Research.

McCormick and his colleagues have now received a new grant from the Cancer Research Society to develop different toxin and antibody combinations to fight other types of cancer.

Quoted

"We are now utilizing the power of these toxins to re-direct the immune system to go after cancer cells."

Dr. John McCormick, associate professor at Schulich School of Medicine and Dentistry

Western student new president of undergrad alliance

Jen Carter COURTESY OUSA

A London student has been named president of the Ontario Undergraduate Student Alliance (OUSA).

Jen Carter earned the post after garnering the right number of votes from the alliance's member associations.

Carter is also vice-president of external affairs for Western's University Students' Council. As part of that job, she's charged with helping to bridge the gap between university students and the larger London community.

It's the second year in a row a Western student has led the province's undergraduate alliance, with Amir Eftekarpour filling the spot for 2013-14.

The alliance "provides a unique opportunity for student leaders across the province to turn their own experiences with post-secondary education into effective policy solutions to benefit students," Carter said.

"I look forward to working with my new team to facilitate this process."

OUSA represents the interests of nearly 140,000 professional and undergraduate university students at seven member associations across the province. METRO

Q&A

We asked, Wynne answered

Kathleen Wynne
METRO FILE

Premier Kathleen Wynne talked to Metro on Tuesday about issues important to London and the surrounding region.

For the full interview, visit metronews.ca.

Is southwestern Ontario a key battleground?
Southwestern Ontario is a very important part of this province.... It's very important to us that southwestern Ontario be strong and have a healthy economy."

What does a plant opening like (Dr. Oetker) mean to the region?
We need to make sure that recovery stays on track, and that's what our plan is about: making sure we have the right partnerships in place, that we have the right relationship with business that allows them to expand and to locate here and that we make the right investments in infrastructure that allow communities to thrive.

What can the government do to help laid-off manufacturing workers?
I see the evolution from a traditional manufacturing community to advanced manufacturing.... Manufacturing is a strength for southwestern Ontario and agri-food is very much a part of that, so I see government's role as helping that evolution.

How can a provincial government assist London with transit issues?
The gas-tax commitment that we put in place, which provides $320 million a year to municipalities across the province, is the first step, in that municipalities have a reliable access to that money every single year. On top of that, we've made a commitment of $14 billion over the next 10 years for provincial infrastructures.

We'll work with municipalities to look at what their infrastructure and transit plans are.

SCOTT TAYLOR/METRO

Ontario NDP Leader Andrea Horwath makes her way into Locomotive Espresso as part of her London campaign stop on Tuesday. It was her third trip to London — the most of any party leader — since the provinci

A 'CURIOUS' LONDON

Leaders lining up to visit. Why do provincial party honchos enjoy coming to Forest City?

MIKE DONACHIE
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Party leaders like London, and here's why.

A "curious" situation in the city is drawing influential figures in Ontario's election to campaign here, a Western University academic says.

In two weeks of campaigning, we've had a total of six visits by the leaders of the province's three main parties, all seeking to win over voters on June 12.

It's because they all think they can do it, said Cristine de Clercy, associate professor in political science at Western.

"The London ridings are a little curious," de Clercy said. "A couple of them have a large chunk of the suburbs and rural areas, as well as the city core attached to them. For the parties, that opens up different opportunities."

Southwestern Ontario's problems are a big part of those opportunities, de Clercy said.

The area is still suffering from the economic trouble of 2008, making people receptive to politicians on their porches.

"All three party leaders, in different ways, have proposed policies to try to stimulate economic development," de Clercy said. "It makes sense from an electoral perspective to go to these areas where people don't think they're doing very well.

Quoted

"All three parties have the apparent potential to capture London and area sites. So it makes sense that all the leaders are here."
Cristine de Clercy, associate professor of political science at Western University

"It means there's some potential that voters will be much more mobilized and much more accessible to each of those three parties."

Tuesday proved the perfect illustration of how intense the battle for London has become.

As a crowd gathered for Horwath's visit to London Health Sciences Centre, a Liberal activist arrived to hand out media releases titled "Horwath hypocrisy in London."

The release listed meals, snacks and parking which, according to the Liberals, Horwath charged to the taxpayer during stops in London, ranging from $2 to $40. Horwath was forced to repeat her insistence that she's been frugal.

Asked why she's been in the Forest City so often, she said, "London is a city that I spend a lot of time in, not just during campaigns. The people of London will know that."

She said Londoners are representative of the views held across Ontario about the Liberal government.

"They almost are a reflection of some of the real issues that need to be tackled," Horwath said. "The jobs situation here has been quite bad. The wait times in the hospitals here are too long."

And then, asked how badly she wants Liberal North Centre MPP Deb Matthews to be unseated, Horwath pointed to "the health minister's failures" and went on the attack.

The Ornge air-ambulance scandal happened on Matthews' watch, she said.

"This is unacceptable here

al election was called May 2. TORSTAR NEWS SERVICE

CAMPAIGN

in London," Horwath added. "I think Ms. Matthews personifies what has gone wrong with the health-care system in this province."

Matthews' riding is the last the Liberals hold in London.

Liberal Premier Kathleen Wynne, also in London on Tuesday, wouldn't admit the city is being singled out for attention.

"There's no doubt that we're going to be fighting for every riding in the province, and southwestern Ontario is a very important part of that battle," she said.

"I don't take any riding for granted. We've got great candidates here in southwestern Ontario, and we're going to continue to take our plan to the people of the region."

WITH FILES FROM SCOTT TAYLOR/METRO

Leaders in London

Andrea Horwath, NDP:

- **May 8:** Stop included a visit to Covent Garden Market. London North Centre Liberal MPP Deb Matthews also turned up and attacked NDP policies.
- **May 16:** At London North Centre candidate Judy Bryant's campaign office on Horton Street.
- **Tuesday:** An ER wait-times announcement at London Health Sciences Centre was followed by campaigning at a coffee shop.

Kathleen Wynne, Liberals:

- **May 14:** The premier was in London-Fanshawe to provide support to candidate Marcel Marcellin at his election headquarters.
- **Tuesday:** Conducted official opening of the Dr. Oetker plant in east London.

Tim Hudak, PC:

- **May 15:** Talked tax cuts during a visit to an electronics retailer.

New Canadians

Hudak promises 'accelerated path' for immigrants

Progressive Conservative Leader Tim Hudak tried to appeal to new Canadians ahead of next month's election by promising Tuesday to give skilled would-be immigrants an "accelerated path" to living and working in Ontario.

When pressed for details, Hudak said he was referring to the provincial nominee program, which he said has been "dramatically underutilized" under the Liberal government.

"This is about taking advantage of existing programs under the federal government that the McGuinty and Wynne government frankly have turned their backs on," said Hudak. "I want to see Ontario as the best place for new Canadians — not Manitoba, not Saskatchewan, not Alberta, not British Columbia."

Through the program, Ontario can nominate individuals and their families for permanent resident status based on a pre-approved job offer in the province. The federal government makes the final decision on the application.

THE CANADIAN PRESS

'Targeted investments'

Horwath pledges to cut emergency room wait times

The NDP pledged to cut emergency room wait times in half during a visit to London on Tuesday.

Provincial party leader Andrea Horwath announced the policy at an event outside London Health Sciences Centre.

She said "targeted investments" in the health-care sector would solve what she described as unacceptably long wait times in ERs across the province.

"One of the things we've seen in the Wynne-McGuinty legacy in the last few years is high wait times in emergency rooms," Horwath said.

So the NDP wants to do four "targeted" things that, they say, will halve wait times: hiring 250 new nurse practitioners, opening 50 new 24-hour family health clinics, creating 1,400 more long-term care beds and guaranteeing home care within five days.

MIKE DONACHIE/METRO

Who controls what: London provincial ridings at a glance

1 London North Centre. Deb Matthews

Liberal Deb Matthews has been the MPP for 10 years. She took 43 per cent of the vote in the 2011 general election and holds cabinet posts as health minister and deputy premier. But she's facing two well-known city councillors on June 12: Progressive Conservative Nancy Branscombe and the NDP's Judy Bryant. MIKE DONACHIE/METRO; PHOTO: METRO FILE

2 London West. Peggy Sattler

The NDP pulled off a shock in London West last year, and byelection victor Peggy Sattler is out to make sure it wasn't a one-off. Until then, the riding was a Liberal stronghold, the power base of former MPP Chris Bentley for 10 years. The Liberals are trying to take the seat back on June 12 with former Bentley staffer Nick Steinburg. Jeff Bennett aims to return the riding to the PCs, who last held London West in 2003. MIKE DONACHIE/METRO; PHOTO: CONTRIBUTED

3 London-Fanshawe. Teresa Armstrong

Everybody's had a taste of victory in this east London riding. The NDP's Teresa Armstrong has been in control since 2011. Before that, Khalil Ramal was its Liberal MPP for eight years and, before him, it was held by Progressive Conservative Frank Mazzilli. Now the Liberals are mounting an attack led by London cop Marcel Marcellin. Chris Robson is the PC candidate. MIKE DONACHIE/METRO; PHOTO: METRO FILE

4 Elgin-Middlesex-London. Jeff Yurek

Progressive Conservative Jeff Yurek snapped up Elgin-Middlesex-London in the 2011 general election, ending the Grits' long residence there. The Liberals' Steve Peters, a minister and Speaker at Queen's Park, had held the riding since 1999, when he'd had to wrestle it from the Tories' grasp. Yurek is on the June ballot against the Liberals' Serge Lavoie. In the race for the NDP is Kathy Cornish.

MIKE DONACHIE/METRO; PHOTO: TORSTAR NEWS SERVICE FILE

Prince Charles calls youth to action on global challenges

Royal tour. First in line to the throne visits P.E.I., birthplace of Confederation

Prince Charles says the need to tackle the world's challenges became more evident for him after the birth of his grandson as he highlighted Tuesday the need to harness the creativity of young people to find innovative solutions to those problems.

Known for being outspoken on social and environmental issues, Charles said in a speech in Charlottetown that it's important to see the connections between the planet's challenges and its well-being.

"They all ... rest on the nexus of water, energy and food security and finding common purpose in meeting our common needs," he said.

Quoted

"The health of nature's life-support systems ... has a direct bearing upon the health and well-being of people."

Prince Charles' speech in Charlottetown

Charles listed a number of issues facing the world, including the widening gap between rich and poor, the lack of opportunity for women and girls, youth unemployment, deforestation and overfishing after he received an honorary Symons Medal for his contribution to Canadian society.

The Prince of Wales said the birth of his grandson George last year has had an impact on his views. Charles and his wife Camilla were in the middle of a four-day tour of Canada. THE CANADIAN PRESS

Prince Charles and his wife Camilla with actress Katie Kerr portraying Anne of Green Gables in Charlottetown, P.E.I., Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Canadians to monitor Ukrainian election

Former premier Mike Harris and Conservative Sen. Raynell Andreychuk will lead the independent Canadian mission to observe the Ukrainian presidential election at the end of the month.

Of the 500 people Canada is sending to monitor the vote, 338 will be with the independent election observation mission led by Harris and Andreychuk, said Prime Minister Stephen Harper in a statement Tuesday.

"Canada has been steadfast in its support for Ukraine and we are proud to once again play a role in fostering democracy and good governance at this challenging time in that country," Harper said.

The remaining 162 will participate in observation missions run by the Organization for Security and Cooperation in Europe.

Andreychuk is a Saskatchewan Conservative appointed to the upper house by Brian Mulroney in 1993. A key figure in the Canadian-Ukrainian community, Andreychuk led similar Canadian delegations in 2010 and 2012.

Harris was Progressive Conservative premier of Ontario from 1995 to 2002, winning two majority governments. Harper said Harris will bring insights and expertise from the democratic process and executive leadership.

The Harper government has been a vigorous supporter of Ukraine in the face of Russia's annexation of the Crimean Peninsula and efforts to destabilize other regions of the country.

People react during a rally supporting Ukrainian presidential candidate Petro Poroshenko in Uman, Ukraine, on Tuesday. The presidential vote in Ukraine is scheduled for May 25. CEFREM LUKATSKY/THE ASSOCIATED PRESS

Harper — who visited Ukraine in March — has been blunt in criticizing Russian President Vladimir Putin's actions against Ukraine. Both he and Foreign Affairs Minister John Baird have portrayed him as a threat to world peace.

Canada has imposed various sanctions against some Russian and Ukrainian individuals and institutions. THE CANADIAN PRESS

Dog deception. Bodies of 'stolen' dogs found in ditch

The bodies of six dogs initially reported stolen from the back of a dog walker's truck were found dumped in a ditch in Abbotsford, B.C., says an SPCA spokeswoman.

Lorie Chortyk said the agency retrieved the bodies of the young- to middle-aged dogs and transferred them Tuesday to a lab where necropsies will be done.

The results are expected within a week and will determine how long the dogs were left in a vehicle in Langley, where they are believed to have died in hot weather.

The necropsy results, along with interviews with the dog walker and any witnesses, will be part of the SPCA's report to Crown counsel, which will decide if animal cruelty charges will be laid.

The SPCA took over the investigation on Monday after the dog walker admitted the animals were not stolen.

The woman initially told police and the dogs' owners that she left her vehicle to use the washroom in a dog park and when she returned the dogs were gone.

Chortyk said the SPCA and police deal with hundreds of calls every year involving dogs left in vehicles.

Animal cruelty

The dog walker's name has not been released because charges have not been laid. But in addition to possible public mischief charges for falsely reporting a theft, she could face:

- **B.C.** Maximum fine $75,000 or two years in jail
- **Criminal Code of Canada.** Maximum fine $5,000 and 18 months jail

"If you either wilfully or through your actions allow an animal to suffer, that can be a criminal act."

Dogs don't sweat the way we do and can be overcome with heat exhaustion, brain damage or even death in as little as 10 minutes because the temperature in a car can rise quickly, she said. Animal cruelty charges could be laid under provincial or federal laws, Chortyk said.

RCMP have said the dogs apparently died in the back of the vehicle and they are looking into possible public mischief charges. THE CANADIAN PRESS

Eastern Townships

PQ star injured in bicycle accident

Parti Québécois star Pierre Karl Peladeau was recovering in hospital on Tuesday after suffering several fractures in a bicycle accident.

The PQ said in a statement the accident occurred in the Eastern Townships on Sunday. Peladeau, the majority owner of Quebecor Inc., has been considered a contender for the vacant PQ leadership. THE CANADIAN PRESS

Newfoundland

Memorial U gets whale carcass

Memorial University says it has reached a tentative agreement that would see the remains of a blue whale carcass that washed ashore on Newfoundland's west coast displayed at the school.

The school in St. John's, N.L., says the Royal Ontario Museum will dismantle and clean the whale as part of the agreement.

Mark Abrahams, the dean of science at Memorial University, says it is a rare opportunity for the province. THE CANADIAN PRESS

Smoke rises after a bomb blast at a bus terminal in Jos, Nigeria, on Tuesday. STEFANOS FOUNDATION/THE ASSOCIATED PRESS

Car bombs kill scores in Nigeria

Twin blasts. Death toll expected to rise beyond the already 118 confirmed dead

Nigeria's emergency agency says twin car bombs that exploded at a bustling bus terminal and market in Nigeria's central city of Jos have killed at least 118 people.

There was no immediate claim of responsibility for the twin car bombs. But they bore the hallmarks of Boko Haram, the Islamic extremist group that abducted nearly 300 schoolgirls last month and has repeatedly targeted bus stations and other locations where large numbers of people gather in its campaign to impose Islamic law on Nigeria.

The second blast came half an hour after the first, killing some of the rescue workers who had rushed to the scene, which was obscured by billows of black smoke.

Dozens of bodies and body parts were covered in grain that had been loaded in the second car bomb, witnesses said. A Terminus Market official said he helped remove 50 casualties, most of them dead. He spoke on condition of anonymity because he is not allowed to give information to reporters.

"It's horrifying, terrible," said Mark Lipdo of the Stefanos Foundation, a Christian charity based in Jos, who described the sickening smell of burning human flesh.

A woman's body, her legs blown off and her hand reaching out of the flames, lay on the edge of an inferno consuming other bodies. Another woman, unconscious and wrapped in a brightly colored cloth, was being carried away in a wheelbarrow on a road strewn with glass shards.

Militants' attacks have been coming with increasing frequency despite a year-old military state of emergency in three of Nigeria's states to curtail the uprising.

THE ASSOCIATED PRESS

Fighting words

"(We are) fully committed to winning the war against terror."

Nigerian President Goodluck Jonathan

Uganda

Warlord Kony transfers power to young son

The fugitive African warlord Joseph Kony has handed over command of his group to one of his sons, a Ugandan military official said on Tuesday, an elevation that further marginalizes senior commanders who may threaten Kony's fading authority.

Salim Saleh was born in the 1990s, has spent all his life in the bush and is said to be as ruthless as Kony. THE ASSOCIATED PRESS

Boko Haram. Expert says West is 'late' in fight against terror group

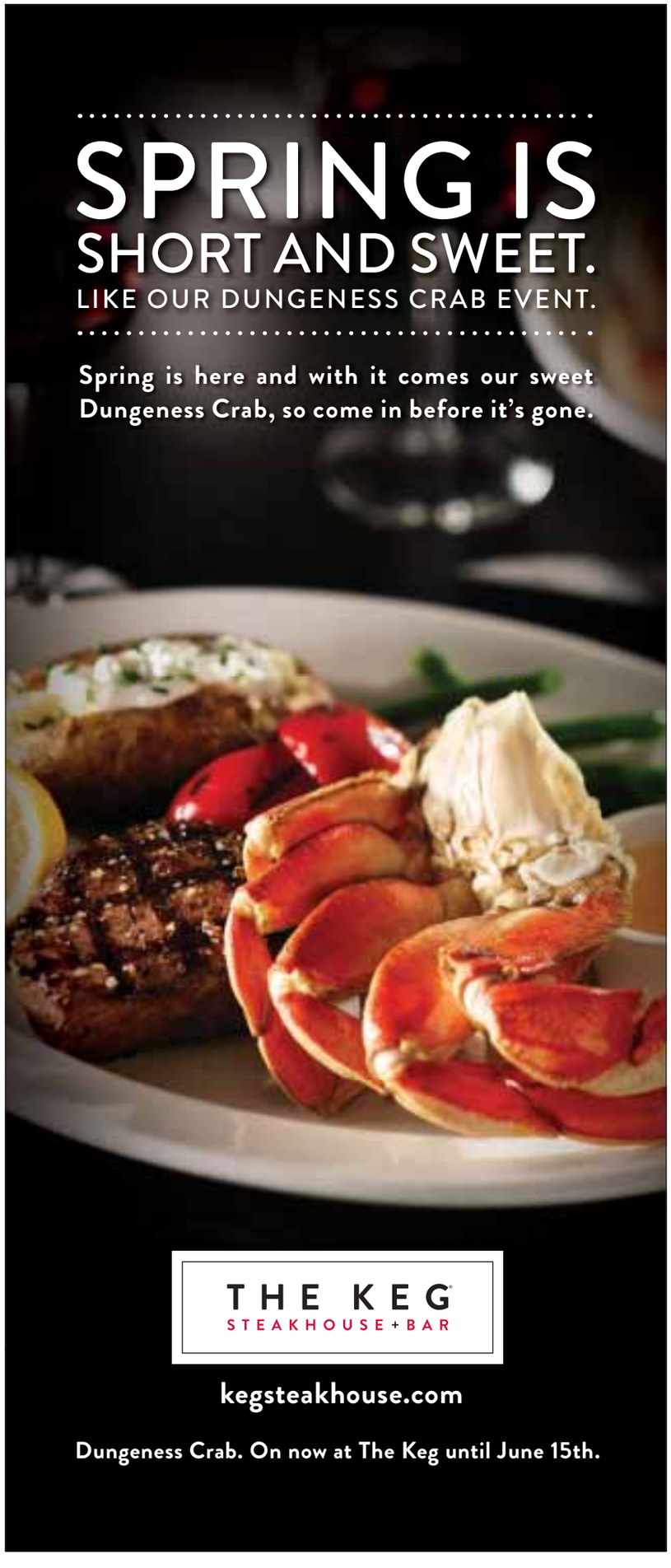
A terrorism expert says western nations, including Canada, are coming late to the game in confronting the extremist group that's seized nearly 300 teenage girls in Nigeria.

The U.S., Britain, Canada, France, Israel and China have all sent teams to the western African country, which has been locked in a deadly struggle with al-Qaida-affiliated Boko Haram for almost a dozen years.

Wesley Wark, one of Canada's foremost experts on international and domestic terrorism, says the recent kidnapping has given the group an international platform and perhaps more notoriety than it deserves.

Washington has acknowledged that it is providing intelligence, surveillance and reconnaissance support in an international effort to free the girls.

Wark says Boko Haram has represented a threat to the stability of Nigeria for years, especially in the northern region and in oil- and resource-rich areas. THE CANADIAN PRESS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PM's project. Gates throws the gauntlet before maternal summit

The noted philanthropist Melinda Gates says an unacceptable number of newborn babies are dying in poor countries because the developed world simply isn't investing enough money to save them.

Gates is issuing an international call for more funding as she helps launch new research in the medical journal The Lancet on the plight of new mothers, babies and young children in developing countries.

The frank talk from Gates means more spending pressure on Prime Minister Stephen Harper as he hosts a major international meeting next week on his signature aid initiative — maternal, newborn and child health.

Harper committed $2.8 billion to the cause at the G8 summit Canada hosted in 2010 and is chairing a three-day international meeting in Toronto as a follow-up to raise awareness.

Each year 2.9 million newborn babies die around the world, while another 2.6 million are stillborn, the Lancet study concluded.

That's half the 1990 rate but still too high, according to the 55 experts from 18 countries that contributed to the report. The Lancet study estimates that by 2020 it would cost about 91 cents per person to lower the annual death rate of newborns by 1.3 million, while reducing stillbirths by 530,000 per year. "Canada has been one of the leaders in this," said Dr. Mickey Chopra of the UN. THE CANADIAN PRESS

Newborn deaths

Melinda Gates is the co-chair of the foundation named after her and her husband, Bill. Their foundation joined six countries in contributing to Harper's initiative in 2010.

Activity levels of Canadian kids is behind global pack

Children play in the waters of B.C.'s Semiahmoo Bay. A new report finds Canadian kids aren't getting enough physical activity, especially compared to peers in other countries. DARRYL DYCK/THE CANADIAN PRESS

New report. Canadian children and youth were assigned a D-minus grade for overall activity levels

A new report reveals that the overall physical activity levels of Canadian kids are lagging behind those of youngsters from other nations.

For the first time, Active Healthy Kids Canada is using its annual Report Card on Physical Activity for Children and Youth and Youth to see how Canadians measure up to kids in 14 other countries.

The findings were released Tuesday at the first-ever Global Summit on the Physical Activity of Children being held in Toronto.

Canadian children and youth were assigned a D-minus grade for overall physical-activity levels.

Canada trailed near the back of the international pack along with Australia, Ireland and the U.S. — who were also each assigned a D-minus — while Scotland received an F. Mozambique and New Zealand topped the list for activity levels. The report found that 84 per cent of Canadian three- to four-year-olds met early years guidelines of at least 180 minutes of daily physical activity at any intensity. But only seven per cent of five- to 11-year-olds and four per cent of 12- to 17-year-olds in Canada meet guidelines. THE CANADIAN PRESS

Values

"Our country values ... doing more in less time, which may be at direct odds with promoting children's health."
Active Healthy Kids Canada's Report Card on Physical Activity for Children and Youth

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Target aims for bull's-eye with exec shakeup

Changes. Head of Canadian operations is out after retailer's expansion to Canada missed the mark

Target has fired the president of its troubled Canadian operations, Tony Fisher, and is replacing him with a 15-year U.S. company veteran in a bid to address inventory issues and bring customers back into its stores.

The executive shakeup in Canada comes two weeks after the abrupt resignation of Target's CEO and Chairman Gregg Steinhafel.

The third-largest U.S. retailer announced Tuesday that Mark Schindele, 45, who was senior vice-president of merchandising operations, will now run the Canadian operation.

Target's expansion into Canada last year marked its first foray outside the U.S. but it has struggled with weak sales and losses.

The changes are effective immediately.

Schindele has played a key role in launching a new store format including an expanded grocery area, as well as Target Express and CityTarget in the U.S. He has also led a global team and provided senior-level oversight to Target's merchandising operations, including systems, global sourcing and product development.

Schindele will report to Kathee Tesija, chief merchandising and supply-chain officer, whose responsibilities include Target Canada.

Target, based in Minneapolis, also said that it will be naming a non-executive chair in Canada. In its newly created advisory role, the chair will provide counsel and support to the president of Target Canada to ensure all strategies and tactics align with the Canadian marketplace.

The company also announced the promotions of three senior merchandising executives in its U.S. division as it tries to be more nimble in bringing in trendy products more quickly.

Target is trying to fix its flailing operations in Canada, its first foray outside the U.S., while revitalizing business in the U.S. It's also trying to recover from a massive data breach in the U.S. that has cost it customer trust.

THE ASSOCIATED PRESS

Target hopes to get more people into their stores in Canada. JOE RAEDLE/GETTY IMAGES

Turkey. Prime minister says justice will be served after fatal mine disaster

Turkey's prime minister pledged Tuesday to not allow anyone responsible for the country's worst mine disaster to go unpunished and promised improved supervision of Turkish mines.

Recep Tayyip Erdogan spoke a day after a court ordered the arrests of three more people as part of probe into the coal-mine fire in the western town of Soma, which killed 301 people. The arrests raised the number of suspects facing charges of negligent death to eight.

The disaster has provoked anger at a critical time for Erdogan, as he mulls running in August's presidential election.

"God willing, everyone will draw the necessary lessons from this disaster," Erdogan said in his weekly speech to ruling party legislators. "We shall be more determined than ever to increase supervision and to take the necessary steps."

"No one will be able to cover up this painful incident. All criminal and administrative investigations will be carried out and we will be strictly monitoring them."

The state-run Anadolu Agency said the CEO and the general manager of mine company Soma Komur Isletmer A.S., Can Gurkan and Ramazan Dogru, were among those arrested late Monday.

They were among 25 people who were initially taken into custody as part of the probe on Sunday.

THE ASSOCIATED PRESS

Human rights

Germany clamps down on exports of surveillance tech

Germany says it will restrict exports of surveillance technology to states that fail to respect their citizens' human rights.

Economy Minister Sigmar Gabriel says the move is designed to prevent spy software "Made in Germany" from being used for repression by autocratic regimes. THE ASSOCIATED PRESS

Market Minute

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91.75¢ (-0.36¢)

TSX
14,525.19 (+ 10.45)

OIL
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KIMYE: APRÈS MARIAGE, LE DÉLUGE

JUST SAYIN'

Paul Sullivan
metronews.ca

Coming up this week: the defining moment of our age.

Famous-for-nothing Kim Kardashian is marrying the Biggest Ego on the Planet, "Yeezus" Kanye West, at the Forti De Belvedere in Florence on Saturday, the day after they and their guests take a private tour of the Palace of Versailles, former home of Louis XV, who famously said, "Après moi, le déluge."

Well, it never rains, but it pours.

The original plan was for the couple to be married in Versailles, but the people who run the palace must have learned something after the wretched excesses of the Sun King and Marie Antoinette and will only allow a tour.

Of course, the palace is just a tumbrel ride away from the Place de la Concorde in downtown Paris, where former occupants of the palace lost their heads, victims of the wrath of the Republic.

The only mobs following Kim and Kanye around are paparazzi, although they're bad enough: Kim eats an ice cream cone on the Left Bank! Kim goes to the gym! Kim shows half a boob in display of pre-wedding fitness! Nothing about this wedding and its preparations escapes the scrutiny of the tabloid channels.

For example: Kim turned up in Paris with 10 suitcases, which must have made for an interesting answer to the question "Avez-vous quelque chose à déclarer?"

And this: the ice cream flavour was brittle nut macadamia, and the couple ordered two scoops.

The bill came to 14 euros, which is like 10 bucks an ice cream cone.

"J'adore Paris," observed KK.

Come on! How much more of this can we take? A lot, apparently. It's only Wednesday.

Am I the only one left in the world to remember that Kim Kardashian has done absolutely nothing to acquire her vast, social-media stoked wealth and fame?

Nobody else seems to care. Celebrity is celebrity. Kim has even spawned a growth industry called Kardashian.

For example, on the same day La Kim went out for ice cream on the Left Bank, her kid brother Rob engaged in a Tweet fest with the media because he is fat.

I mean, 35 per cent of the U.S. over-20 population is fat.

That's not news. Or it's bad news. But it's Rob Kardashian's claim to fame. In fact, the body weight of the entire clan is a national obsession. Kim and her sisters Kourtney and Khloé alert the media every time their clothes fit.

But really, it's all about Kim.

If I'm Kanye West and I'm touring the fabulous Hall of Mirrors on Friday, I might cast a quick glance at myself and make sure I still cast a reflection.

Because even the world's largest ego is going to have trouble keeping up with the Kardashian(s).

Yeezus.

ZOOM

Banding together for mascot

Emit, a four-week-old southern three-banded armadillo, eats banana off the hand of a zookeeper. A group in Brazil hopes the fact that the endangered armadillo is the World Cup mascot will raise awareness at all levels of society about the importance of saving the armadillo and its natural habitat. TOM UHLMAN/THE ASSOCIATED PRESS

Saving the three-banded armadillo

A Brazilian environmental group has launched an effort to save the endangered three-banded armadillo, the mascot for the World Cup starting next month.

The armadillo is in danger of extinction, largely because of deforestation and hunting in its habitat in the shrub lands of northeastern Brazil. Its meat is considered a delicacy by many in the region.

THE ASSOCIATED PRESS

World Cup baller

Those risks in large part are why the armadillo was chosen as World Cup mascot. Another is that when it's frightened, it rolls up into a ball small enough to fit into one hand, looking like a tan soccer ball.

Its hard shell protects it from its natural predators, jaguars and foxes, but it becomes easy prey for hunters since it does not dig a hole to hide in.

THE ASSOCIATED PRESS

One at a time

- The female produces only a single young in each litter, which is born extremely well-developed, having the appearance of a miniature version of the adult.
- This small reproductive output rate contributes to the species' low numbers.

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MetroTube

Geminid showers coming up all flowers

ANDREW FIFIELD
metronews.ca

There's a wonderful little corner of YouTube devoted to Kenneth Brandon and his time-lapsed eye-candy series with an eye turned toward the night skies above California's more rugged spaces.

This beautiful footage of 2012's Geminid meteor shower over Big Sur is a nice example of his prodigious output. If you find yourself impressed, be sure to check out more of his work at youtube.com/kennethbrandon. (Via Kenneth Brandon/YouTube)

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See that symbol? It means you can scan the photo below with your Metro News app. Why do they look so scared? It's the law of the savannah!

Blended mix meets match

Drew Barrymore and Adam Sandler play a widowed mom and a divorced dad who meet on a family safari after a disastrous blind date in Blended. CONTRIBUTED

When two families commingle. From The Brady Bunch to its film granddaddy, Yours, Mine and Ours, Hollywood loves a blended family story

IN FOCUS
Richard Crouse
scene@metronews.ca

The Brady Bunch is pop culture's most famous blended family.

The story of a "lovely lady who was bringing up three very lovely girls," and a "man named Brady with three boys of his own," who "would somehow form a family," ran for fives seasons on TV, endlessly in reruns and even spawned two movies.

"The Brady Bunch is a live-action modern fairy tale of family," says Christopher Knight who played Peter Brady on the original show. "In this context it's less odd that it's lasted for over 30 years; and why it may last in some respects as long as Mother Goose!"

He may be optimistic on the eternal appeal of his show, but he's not wrong to imply that the idea of blended families could remain the subject of stories and movies for years to come.

This weekend "cinematic soulmates" Drew Barrymore and Adam Sandler reunite for a third time, following The Wedding Singer and 50 First Dates, for Blended, a romantic comedy about the mixing and mingling of two families.

Hollywood has been blending screen families for years. The grandfather of these blended family stories has to be Yours, Mine and Ours.

Based on the memoir Who Gets the Drumstick? by Helen Beardsley, this 1968 Lucille Ball, Henry Fonda film sees a widow with eight kids and a widower with 10 children (including Mike, played by Tim Matheson 10 years before he found fame in Animal House) become one big (almost) happy family.

The film was produced by Ball, who became so friendly with the Beardsleys she treated all 20 of them to a trip to Disneyland. ABC and Paramount Studios were so impressed with the film they gave the green light to the similarly themed The Brady Bunch show.

The same year, movie legend Doris Day made her final big-screen appearance in With Six You Get Egg Roll, a blended family story about a widow with three sons who marries a man with a daughter. The kids don't see eye to eye, but soon figure out a way to live together. Released so soon after Yours, Mine and Ours, Eggroll got good reviews, but, as Roger Ebert wrote at the time, "would probably seem funnier if it didn't suffer by comparison."

Finally, Step Brothers is an R-rated look at extreme Peter Pan Syndrome. Will Ferrell and John C. Reilly play 40ish men who become bunkmates and reluctant stepbrothers when their parents (Mary Steenburgen and Richard Jenkins) marry. The familiar reprimand "Grow up and act your age" fell on deaf ears with these guys. It's like watching two overweight, foul-mouthed 10-year-olds with thinning hair going at each other, but it is good vulgar fun.

Third-time rom-com charm

Drew, Adam get their act together, again

Now that they're on their third romantic comedy together, Adam Sandler and Drew Barrymore are obviously big fans of each other — though Sandler says that until their latest, Blended, it was all an act. "I love Drew. I've known her a long time. In all three movies, we have the pleasure of falling in love. The first two I faked it. But this one I really did," he jokes about his Wedding Singer and 50 First Dates co-star, to which she responds, "You fake it good."

The secret to their long-standing partnership? Timing and patience, according to Barrymore. This time, with Blended, they take on a rather unique set of dating circumstances: A widower and a divorcee, each with multiple kids at home, who initially meet on a disastrous blind date and then end up accidentally sharing a family vacation to Africa, where being forced to spend time with each other gives them a chance to reconsider each other's faults.

For their third go-round together, Sandler and Barrymore find themselves playing parents, which might have as much to do with their age as it does with the fact that both stars now have kids at home. As far as how she's doing as a new mom? Her co-star gives her high marks. "You're all about your kids," he says, smiling. Not to be outdone in the mutual appreciation society, Barrymore has some nice things to say about Sandler's parenting skills as well: "You're a good, patient, loving, awesome parent much like your character in the movies. That's always what I've taken away from it," she tells him. Get a room, you two.

NED EHRBAR, MWN IN HOLLYWOOD

Cinematic soulmates Drew Barrymore and Adam Sandler. CONTRIBUTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Charlize shares that things are haPenning with Sean

Charlize Theron is finally opening up about her blossoming relationship with Sean Penn, and all it took was an interview with Vanity Fair. "Sean and I have known each other for 18 years. We were just really good friends," she tells the magazine. "And it's been slow going because you are aware that you could screw that up and lose it. We had to think about it. But at the end of the day, it was somewhat effortless. It just kind of naturally happened, and before I knew it I was in something that was making my life better. The people who really love me can see the effect it has had on me." She does admit, though, that the paparazzi attention has made developing a relationship a bit awkward. "I don't know how you have a healthy relationship with the whole world knowing about it," she says. "Look, we're dating, and I don't think we were trying to hide anything. We were photographed, the relationship was kind of written about. I recently did a daylong press junket, which I hadn't done in forever, and it's a harsh reminder that whatever people try to hide a press junket behind, it's really a roundabout way of getting at as much private s— as they can. It was all about what I like to eat and avoiding questions about Sean or my son."

Sandra Bullock

Sandra speaks: Actress advises teens about life, love and nose-picking

Seniors at Warren Easton Charter High School in New Orleans got quite a surprise when their graduation speaker turned out to be none other than Oscar-winner Sandra Bullock, according to E! News. And Bullock had some choice advice for the young adults in attendance. "Stop worrying so much. I don't remember any of the moments in my life where I worried. Raise the bar higher. Nothing is a failure, it's just not supposed to work out," she told the crowd. "Eat something green every day. Do not pick your nose in public — how about we just go get a tissue? When someone who cares about you hugs you, hug them back. If someone doesn't want to play with you, it's OK. Not everybody is going to love us. And last but not least, go find your joy. It's what you're going to remember in the end. It's not the worry, it's not the what-ifs. It's the joy that stays with you."

Twitter

@robkardashian
I'm aware that I'm fat that def aint a surprise to me lol and my only therapy will be in the gym anyways had to say somethingggggggggg

@ConanOBrien
The next Jurassic Park movie should take place on an island where they've revived a working Blockbuster Video.

@lenadunham
Watched 2 older women trying on orthopedic shoes. Woman #1: "your feet look so small!" Woman #2: "but do they look TOO small, is it WEIRD!?"

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Finding the real Istanbul

Wanderlust. Turkey's famed city has your typical tourist haunts, but stray from beaten path for so much more

The Istanbul neighbourhood of Karakoy, with its cafés and galleries, has become a hub for the young. THE ASSOCIATED PRESS

Istanbul, the noisy Turkish metropolis on the Bosporus Strait lauded by many a travel ranking, has much more to offer than grand mosques and bazaars. Away from the din of typical tourist haunts, a walk around the neighbourhoods of Karakoy, Balat and Kuzguncuk will peel back the surface to reveal the city's multilayered history. As proof of Turkey's popularity, TripAdvisor just named the country the world's top destination, based on the website's ratings and user reviews.

Karakoy

Descending from the Galata Tower in the Beyoglu district, often regarded as the "pulse of Istanbul," one of the city's steepest hills will lead to Karakoy, an up-and-coming area hemming the Bosporus Strait. This one-time industrial neighbourhood is still home to a number of shops where anything from fishing equipment to Bunsen burners can be procured. But the hardware stores and workshops must now negotiate their space with new galleries and cafés that have created a hub for young hipsters. Past the Karakoy ferry terminal, one street over from the water, look for Namli Gurme, a restaurant and small marketplace offering a large selection of "mezes," or cold appetizers. Also served here is a cut of meat called "lokum," which means Turkish delight and is the term for anything wildly tasty and juicy (unlike the narrower meaning of the term Turkish delight outside the country, referring only to chewy sugary candies).

Balat

The Balat district is a quiet historic area by the Golden Horn, the narrowest stretch of the Bosporus. Its twisting streets and weathered houses, like antiques in an open museum, echo a past occupied by waves of Jewish, Greek, Bulgarian and Armenian residents. The area is now home mainly to working-class Turks from Black Sea towns and Central Anatolia. Adventurous tourists who can find the beauty in the decaying buildings and are willing to forgo the reliability of a map will enjoy wandering the hilly streets. Walking from the Galata Bridge by the seaside toward the end of the Golden Horn, the Gul Mosque is not to be missed. Formerly known as Saint Theodosia church, the cross-in-square orthodox church was converted into a mosque by Ottomans.

Kuzguncuk

On the Asia side of this continental crossroads of a city, the quiet, pictorial village of Kuzguncuk is minutes away from the Uskudar ferry terminal. It's lauded as a quieter, perhaps less jaded version of upscale Ortakoy on the European side. It is another well-known Jewish quarter, home to two synagogues. Among the seaside fish restaurants bearing views of the Bosporus Bridge, Ismet Baba generates the most fanfare. Uryanizade Sokak, running perpendicularly from Ismet Baba and the seaside, is a restored street lined with Ottoman houses and studios for artists. Farther north, the waterside showcases a string of Istanbul's famous classic wooden-framed mansions, known as "yali." THE ASSOCIATED PRESS

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Sending out those CVs too swiftly can lead to a legacy of 'We'll let you know'

Resumé on the run.
Remember to take extra care when you're casting your net extra-wide

LAUREN MARINIGH
TalentEgg.ca

Everyone has been there: You're in such desperate need of a job, be it part-time or full-time, that you're sending out applications to just about anyone.

But now, having submitted multiple resumés, you can't quite figure out why you're not hearing back from employers. Here are some common things you may be doing that affect your job application.

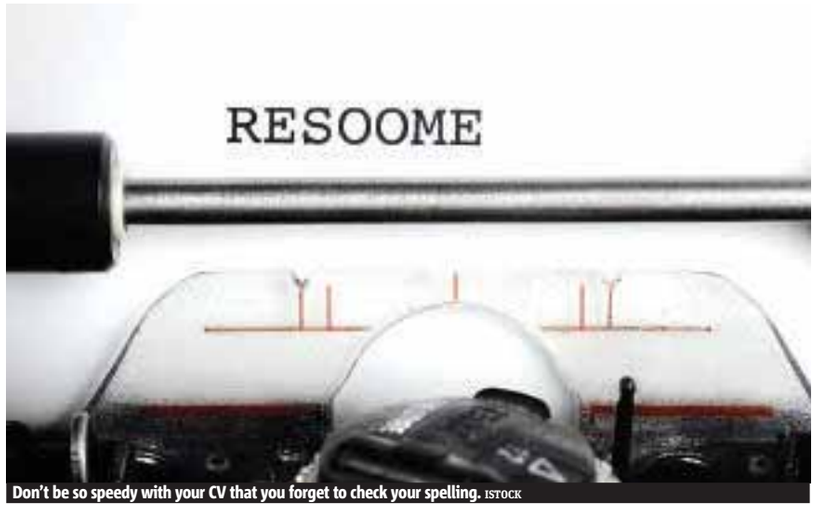
Nothing says "hire me" like a blank email

Typing up a personalized email for every single place you apply is time-consuming.

You may think everything that the employer needs to know is in your attached resumé and cover letter, but a blank email shouts: "I'm too lazy to take the time to personalize this application for you."

Your email doesn't need to be (and shouldn't be) as detailed as your cover letter, but you should give your potential employer a brief overview of yourself, what job you're applying for, and why.

If a company receives hundreds of job applications, the ones that have blank emails will have an even harder time standing out from the pack and making it to the next round in the process.



Don't be so speedy with your CV that you forget to check your spelling. ISTOCK

Your resumé is just straight-up terrible

You're young and you may not have loads of work experience.

That's fine, but in 2014 there's no reason your resumé should have zero layout, be extremely disorganized, and/or be longer than if you had 20-plus years' experience.

It's so easy to have a clean, crisp resumé. Get started by searching "free resumé templates" in Google and download one ASAP; all you'll need to do is fill in the blanks.

In the long run, you'll probably want to make a resumé from scratch, but seeing samples can help you start thinking about (and planning) your own.

If you don't have much work experience, showcase other accomplishments you may have, such as volunteer experience or extra-curricular activities. There's no reason your resumé should include your education alone.

It should be no longer than two pages, and there's really no reason it should be more than one. Take a look at what's on your resumé: The drama award you won in Grade 5 is probably irrelevant now.

You miss important details on your resumé/cover letter

Everyone has done it — sent out an application without changing some key pieces of information.

Forgetting to change your career objective or including a cover letter for the wrong position are both surefire ways to get overlooked.

Take your time when applying for jobs and proofread everything. When an employer gets an application with the wrong company and position listed on it, it'll more than likely go straight into the trash, no matter how qualified you are.

Job description? What job description?

You got so excited when you realized a new position had opened up at your favourite business or dream workplace that you forgot to read the entire job description before you applied.

Had you read the job description, you'd realize that the employer asked for you to attach a portfolio (which you didn't), or asked for someone who speaks French (which you don't).

Don't waste your time, or an employer's. Take the time to read the job description thoroughly and make sure you have the specific skills required for the role.

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TalentEgg #QuestionoftheDay: Should you follow up after an interview? Why?

@StudentsDotOrg
Yes! Stand out, remind them who you are/why you're interested

@hirefx
Yes! There is no downside and a great chance to leave a professional impression / show your enthusiasm..

@OTCoop
A well-written & thoughtful thank you note differentiates you from the rest. (Just make sure it's sincere though and not forced!)

@TRSMcareers
Definitely! It shows that you want the job and you can restate why you are the perfect fit for the position and the company!

@donorworx
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A serving of spring

Vegetable Primavera. The word 'primavera' literally means 'spring' in Italian. Add asparagus and fiddleheads for a seasonal touch

DINNER EXPRESS
Emily Richards
food@metronews.ca

Once May hits, fresh vegetables become a bigger part of everyone's kitchen repertoire. Outdoor markets also begin to flourish and become colourful.

Taking the time to stroll through the market or grocery store can easily become daunting, so make a list! Choose a few great delicious recipes for the week and make your list, then set your sights on the market and grocer.

There is always a little room for wandering, but if time is of the essence, that grocery list will make you more efficient and ensure you're not wasting veggies by not using them.

Primavera means springtime in Italian, which makes sense as this dish showcases fresh vegetables and colours.

My version uses vegetable cocktail juice, which many people have on hand. It can, however, be easily substituted with your favourite pasta sauce.

Use your favourite spring vegetables like asparagus or fiddleheads. But don't worry that seasonality will ruin this dish, because your can get peppers, tomatoes and peas year-round! When you get bored, change up the vegetables and use a variety of colours. This pasta is also a wonderful way to use up leftover roasted or grilled vegetables.

Normally made with just vegetables, this version uses tofu for an added twist and a hit of protein.

Grind some fresh black pepper to finish the dish.

Ingredients

- 1 tbsp (15 ml) extra-virgin olive oil
- 2 cups (500 ml) cubed firm tofu
- 3 cloves garlic, minced
- 1/4 tsp (1 ml) hot pepper flakes
- 1 cup (250 ml) vegetable cocktail juice
- 2 cups (500 ml) chopped fresh asparagus or peas
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 1 yellow or green zucchini, julienned
- 8 oz (227 g) whole-wheat fettuccine or linguine pasta
- 2 tbsp (30 ml) chopped fresh Italian parsley (optional)
- 3 tbsp (45 ml) freshly grated Parmesan cheese

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. EMILY RICHARDS

1. In non-stick skillet, heat oil over medium-high heat. Brown tofu on all sides for about 3 minutes; remove to plate.

2. In same skillet over medium heat; cook garlic and red pepper flakes for 30 seconds. Add vegetable cocktail juice and stir to combine. Add asparagus, red pepper, carrot and zucchini; cook, stirring 10 minutes or until vegetables are tender crisp.

3. Meanwhile, in large pot of boiling salted water; cook fettuccine for about 8 minutes or until tender but firm. Drain and add to skillet. Stir in reserved tofu and toss to coat well. Sprinkle with parsley, if using and cheese.

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Knights not so calm before Storm

The Cup Stops Here

Host of issues.
Tournament hosts have chance to exorcise ghosts of OHL playoffs

DAVE LANGFORD
dave.langford@metronews.ca

London Knights captain Chris Tierney on the Guelph Storm: "When you get another crack at the team — it doesn't come around that often — you want to make it worth it." AARON BELL/CHL IMAGES

Quite often, a war of words between teams helps fill hockey rinks.

There are no seats available for the 12th meeting this year between the London Knights and Guelph Storm. But that doesn't make the bravado from either team — in this case, particularly from the Storm — any less interesting to hear or read.

The stage is Budweiser Gardens on Wednesday. The event is the final round-robin game in the Memorial Cup, where the stakes — at least for the Knights — are high. Game time is 7 p.m.

The reason for the imbalance in importance is simple. The Storm are 2-0 and have clinched a spot in the final.

The Knights are not so fortunate. The hosts are 0-2 and face elimination in the four-team tournament if they lose to the OHL champion Storm. A win for the Knights and they move on to Thursday's tiebreaker.

Now back to the "words of wisdom" from each side. All the following were uttered at press conferences Tuesday.

Let's start with Storm captain Matt Finn.

"To knock them out in the playoffs was great, and to have a chance to knock them out of the Memorial Cup, while they're hosting, is something we cherish and something we want to do because of the history."

Over to Knights captain Chris Tierney:

"Of course they want to knock us out, but we want to prove that we're just as good as them, if not better, and we can beat them."

Back to Finn:

"We want to cut the head off the snake and not let them back in it like Kelowna did with Windsor a few years ago."

Back to Tierney:

"They knocked us out of the playoffs, so there's a lot of fire in our bellies now. It's a game we'd like to get them back for knocking us out."

Yes, they are only words, and everyone might agree the Storm's words were, let's say, stormier, but there is little doubt the teams retain some hard feelings toward each other.

Especially after six regular-season meetings — each team won three times — and a Guelph five-game series win in the second round of OHL playoffs.

And should London win the on-ice war Wednesday, they could meet for a 13th time Sunday.

Stranger things have happened.

Knights fined

$1,000

The Knights were fined $1,000 Tuesday for inappropriate comments regarding the officiating following their game against the Edmonton Oil Kings on Sunday. There was no word regarding an incident Monday in which Guelph defenceman Chadd Bauman was ejected for a knee-on-knee hit on Val-d'Or's Guillaume Gelinas.

Hosts stay positive

Loosening up a priority at practice

The London Knights took a somewhat different approach to practice Tuesday, according to sniper Max Domi.

"It was a lot of fun. Guys were having a lot of fun out there, and at the end of the day, that's what hockey is all about — just having fun," Domi said Tuesday. "It kind of helps out a lot when guys are squeezing their sticks a little tight and just loosens up the mood a little bit.... It's a lot easier when everyone is positive and we're on the same page."

All the Knights seem to agree there needs to be a few changes Wednesday for the losses to turn to victories, beginning with the game against Guelph.

"It's not that we're playing bad hockey whatsoever," Knights defenceman Zach Bell said. "Everybody is playing well, everybody is rolling. They're just not capitalizing on their scoring chances. Literally, that's all there is. It's not like we're short on effort."

Meanwhile, Anthony Stolarz will again start in goal for the Knights. He was yanked in the second game in favour of backup Jake Patterson.

DAVE LANGFORD/METRO

Max Domi CHL IMAGES

Oil Kings, Foreurs push into overtime

The Edmonton Oil Kings' Edgars Kulda waits for a shot from the point in front of Val-d'Or Foreurs goalie Antoine Bibeau during second-period Memorial Cup hockey action on Tuesday night at Budweiser Gardens. Go to metronews.ca for results on how the overtime nailbiter ended.

DAVE CHIDLEY/THE CANADIAN PRESS

Hockey. Canada says no way to Norway in Belarus

Joel Ward scored two power-play goals and had an assist to lift Canada to a 3-2 victory over Norway at the ice hockey world championship on Tuesday, clinching first place in the group.

Canada will face Finland in the Group B quarter-final on Thursday.

THE CANADIAN PRESS

Canada celebrates Joel Ward's winning goal on Tuesday in Minsk, Belarus. THE CANADIAN PRESS

Scan the image with your Metro News app to view a gallery of Jacques Villeneuve's cross-discipline racing career.

Papa Richards takes Rangers by the hand

Tutoring New York's young talent. P.E.I. native tells youngsters not to let opportunity slip away

New York Rangers' Brad Richards
GETTY IMAGES

It's Brad Richards' turn to be the old hand, tutoring his young New York Rangers teammates on what it's like to win a Stanley Cup.

It wasn't like that in 2004, when Richards and teammate Martin St. Louis won the Cup with the Tampa Bay Lightning.

"This whole playoffs it's been fun to do that," the 34-year-old Richards said Tuesday. "When I was in Tampa, Marty also, we didn't really have a clue what we were doing.

"We were first time through it, leaning on other people, older people, asking them all the questions. It's fun to try to gather the group and talk about things. This group has come together so much and they ask a lot of questions. They make fun of us a lot for doing that too, but it's fun to try to help out that way."

The Rangers are two wins away from a trip to the Stanley Cup final after taking the opening two games of the NHL Eastern Conference final from the Canadiens in Montreal.

They swamped the flat-footed Canadiens 7-2 in the series opener on Monday afternoon but then needed a 40-save effort from goalie Henrik Lundqvist to pull out a 3-1 win on Monday.

Game 3 is set for Thursday night in New York.

In 2004, the Canadiens came back to beat Boston in the opening round but then were swept by the Lightning. This year, Montreal is again coming off a Game 7 win over the Bruins and is in danger of losing in four straight to the Rangers.

That has Richards, a P.E.I. native who won the 2000 Memorial Cup with the Rimouski Oceanic, and Montreal native St. Louis at 6-0 in career playoff games against the Canadiens.

Their message to teammates who haven't won a Cup is to not let the opportunity slip away.

"We've been to the conference final twice in three years. That's very rare," said Richards. "Look at teams around the league that you think are going to have chances to win Cups every year and it just doesn't happen.

"It's very tough. I haven't been back to a final since '04. I just try to hammer that stuff home." THE ASSOCIATED PRESS

Multitasking Villeneuve returns to the grid

Canadian driver Jacques Villeneuve has dabbled in a number of racing series over the last few years, tried his hand at broadcasting and hopes to eventually finish recording his next music album. His immediate focus is preparing for a return to the Indy 500 this weekend. It has made Villeneuve's busy season even more hectic, but it's a change of pace that he welcomes. DARON CUMMINGS/THE ASSOCIATED PRESS

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2014 Dodge Dart

- **Type.** Four-door, front-wheel drive compact sedan
- **Engines (hp).** 2.0-litre inline four-cylinder (160), 1.4-litre inline turbo-charged four-cylinder (160), 2.4-litre inline four-cylinder (184)
- **Base price (incl. destination).** $17,690

Market position

The all-new Dodge Dart debuted for model year 2013 desperately looking to make some headway for Chrysler in Canada's largest and most competitive segment: compact car. Dart makes its case with a slightly bigger body and interior than the competition, stylish looks, and very modern infotainment accoutrements.

Points

- All-new vehicle in 2013, with a North American specific design, developed from a Fiat architecture first utilized on Alfa Romeo Giulietta.
- Five models for 2014: SE, SXT, Aero, Limited, GT.
- Exclusive to Aero model is 1.4 turbo and dual-clutch automatic transmission (optional), which offers a fuel economy rating of 7.2 L/100 km city and 4.9 L/100 km highway (39/58 mpg).

The extra blackness of Rally Group's wheels really pops.

Safety

Constructed of 68 per cent high-strength steel; 10 standard air bags; standard four-wheel disc brakes, traction control and stability control; available rear backup camera, blind spot monitoring, rear cross path detection, ParkSense Rear Park Assist; LATCH anchors that allow child seat to be placed in three rear-seat seat positions.

One competent compact

PHOTOS: MIKE GOETZ

Review. Love it or not, the 2014 Dodge Dart is a comely and well-equipped beast

MIKE GOETZ
drive@metronews.ca

Depending on how you like your compact car configured, you'll either love or ignore the 2014 Dodge Dart.

If you like base models, with their keen pricing and the extra fuel efficiency provided by their smallish engines, you might want to look elsewhere.

The Dodge SE base model's 2.0-litre engine is neither fuel efficient nor snappy.

If you want to spend a bit more, and can, the Aero model is very fuel-efficient and snappy. Its high-tech 1.4-litre turbo engine, with 160 horsepower and 184 lb-ft of torque, is entertaining, especially when mated to the six-speed manual. Its only other transmission option is a fancy-pants dual-clutch version that promises quick and fun shifts in either self-shifting or automatic mode. But that transmission's "herky-jerky" manners at low speeds around town has not won it many fans.

So for model year 2015, Chrysler decided a couple of adjustments were in order for Dart.

The engine and transmission combination that did get some love from customers was the conventional six-speed automatic transmission and the 2.4-litre "Tigershark" Multi-Air engine with 184 horsepower and 171 lb-ft of torque. In 2013 the Tigershark was only available on the top-shelf GT model. For 2014, the engine has been made standard on the mid-level SXT and Limited models, as well as GT.

Reviewer Mike Goetz has always thought the Dart was a handsome vehicle.

Hallelujah.

Our test victim was one of these newly endowed Darts — an SXT, outfitted with the six-speed automatic.

Energuide rates this vehicle at 9.2 L/100 km City, and 6.3 Highway.

It's a comely and well-equipped beast.

The extra blackness of the Rally Group's aluminum wheels and front grille really "pops" amid the overall whiteness of this particular SXT. I always thought the Dart was a handsome vehicle; this black-and-white version is even more so.

On the road, the Dart feels really stable and confident and comfortable — a result of lots of European-based Fiat and Alfa engineering in its chassis DNA. While the engine and transmission combo are super smooth and powerful, I wouldn't call it charismatic. But that large, unstressed engine really suits the Dart.

Compare

1 Honda Civic Sedan
Base price: $17,218
Canada's best-selling car never seems to disappoint. Smooth and refined.

2 Hyundai Elantra
Base price: $17,594
Brought new sense of style to the compact segment. Roomy, with decent ride.

3 Mazda3
Base price: $17,690
Newest and most technically endowed of the compact competitors. PHOTOS: CONTRIBUTED

DRIVE

Don't attempt a road trip without these three long drive must-haves

Comfort and confidence. A car reviewer touts the fave features he's found driving 800 km on the highway every week

JUSTIN PRITCHARD
drive@metronews.ca

Weekly, your writer spends 10 hours on the highway in his assigned test car covering some 800 kilometres, on top of his usual week of in-town driving. Over the current span of my career as a car reviewer, that's added up to over a million kilometres driven, and no less than seven months behind the wheel.

Amidst all of this driving, I've come to form a list of a few favourite long-distance features that help pass the endless hours more easily — thanks to enhanced connectivity, confidence and comfort on the go. Here's a closer look.

Feature: Ford Sync / Kia UVO / NissanConnect, etc.

Why: Because this breed of all-in-one infotainment system makes it easy and intuitive to access important stuff like your cellphone contacts, navigation system, traffic conditions, weather and more on the go. Once you learn the system's voice interface, you can manipulate virtually any function related to entertainment, climate control, navigation or information with a button-press and spoken command. If you like staying connected, informed and on course on the move, systems like Sync, NissanConnect and UVO make it simple and stress-free.

Feature: Xenon headlights

Why: Because xenon lights offer powerful, saturating illumination that closely mimics the colour of sunlight — meaning your eyes need to work less to sort out the road ahead after dark. Where a low-performance lighting system may require straining and squinting to see details up the road, xenon lights make spotting things like wildlife, signs and potential hazards easy. Even a middle-of-the-line xenon lighting system can leave your eyes fresher and more alert after several hours of nighttime driving. The benefits are even more apparent in winter, where reduced daylight and the abundance of gleaming white snow wear at the eyes of drivers during the day.

Feature: OnStar

Why: Because issues sometimes present themselves on the open road. Touch the OnStar button, and you've got real-life help on the line in seconds. Integrated GPS and cellular connections mean the system works regardless of the location of your cellphone. OnStar advisers can send a tow truck, provide directions to the nearest gas station, dispatch assistance for a flat, or otherwise effectively help drivers handle any distress they may encounter. My big brother instinct loves that OnStar is fitted to my little sister's car, too.

Quoted

"OnStar advisers can send a tow truck ... or otherwise effectively help drivers handle any distress they may encounter."

Car reviewer Justin Pritchard

An all-in-one infotainment system like Ford Sync makes it easy to access essentials on the go. CONTRIBUTED

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‡ 2014 Mirage SE model shown has an MSRP of $15,398. v Mitsubishi First Auto Program applies to Lancer, Sportback and Mirage vehicles, is applicable to all approved Scotiabank first-time automotive finance purchasers and can be combined with Scotiabank Subvented Finance Rates. Rebate amount will be deducted from the negotiated price after taxes. Some conditions apply. Please see dealer for details. † Highway and city ratings for non-hybrid sub-compacts based on Natural Resources Canada test requirements: Mirage highway 4.4 L/100 km (64 mpg) and 5.3 L/100 km (53 mpg) in the city for CVT-equipped models. ** Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. * Best backed claim does not cover Lancer Evolution, Lancer Ralliart or i-MiEV. ® MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license.
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Starting From Price for 2014 Dodge Grand Caravan Crew Plus shown: $31,990.§

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Starting From Price for 2014 Dodge Dart GT shown: $23,690.§

Starting From Price for 2014 Dodge Journey SXT shown: $24,395.§

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- Uconnect™ hands-free communication with Bluetooth®
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- Air conditioning with Tri-zone Temperature Control
- 8.4-inch touch screen display
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Starting From Price for 2014 Jeep Cherokee Limited shown: $31,890.§

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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.1 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your retailer for the EnerGuide information. ¤2014 Dodge Grand Caravan 3.6L VVT V6 6-speed automatic – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2014 Dodge Dart 1.4 L I-4 16V Turbo – Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). 2014 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). 2014 Jeep Cherokee 4x2 2.4 L I-4 Tiger-shark™ MultiAir® – Hwy: 6.4 L/100 km (44 MPG) and City: 9.6 L/100 km (29 MPG). Wise customers read the fine print: •, ◊, ††, €, ★, *, †, ➤, Ω, § The Five Days of Savings Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers between May 17 and 22, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. •$500 Bonus Cash is available on select new 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from May 17-22 only. Bonus Cash will be deducted from the negotiated price before taxes. Offer available at participating Ontario retailers. See retailer for complete details and exclusions. ◊$10,850 in Total Discounts is available on the new 2014 Dodge Grand Caravan SXT model and consists of $7,000 Consumer Cash Discount, $3,350 in Ultimate Family Package Savings and an additional $500 Bonus Cash. See your retailer for complete details. ††0% purchase financing for up to 36 months available on new 2014 Dodge Grand Caravan/2014 Dodge Dart/2014 Dodge Journey/2014 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2014 Dodge Grand Caravan Canada Value Package (29E)/2014 Dodge Dart SE (25A)/2014 Dodge Journey Canada Value Package (22F)/2014 Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of $19,995/$16,995/$19,995/$24,495 with a $0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of $256.35/$217.88/$256.35/$314 with a cost of borrowing of $0 and a total obligation of $19,995/$16,995/$19,995/$24,495. €$5,125 in Package Value available on the new 2014 Dodge Grand Caravan SXT Ultimate Family Package (RTKH5329G) model based on the following MSRP options: $850 Climate Group, $1,925 Single DVD Entertainment, $1,500 SXT Plus Group and $850 Uconnect Hands-Free Group. $7,140 in Package Value available on the new 2014 Dodge Journey SXT Ultimate Journey Package (JCDP4928K) model based on the following MSRP options: $1,475 Flexible Seating Group, $1,200 Rear Seat DVD, $525 Convenience Group, $2,645 Navigation & Sound Group and $1,295 Sunroof. 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Examples: 2014 Dodge Grand Caravan Canada Value Package (29E)/2014 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995/$19,995, with a $0 down payment, financed at 3.99% for 96 months equals 208 bi-weekly payments of $112/$112 with a cost of borrowing of $3,394/$3,394 and a total obligation of $23,388.63/$23,388.63. ➤2.79% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Dodge Dart (25A) with a Purchase Price of $16,995, with a $0 down payment, financed at 2.79% for 96 months equals 208 bi-weekly payments of $91 with a cost of borrowing of $1,987 and a total obligation of $18,981.81. ΩFinance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from May 1 to June 2, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between May 1, 2014 and June 30, 2017. Trade-in not required. See retailer for complete details and exclusions. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. **Based on 2014 *Ward's* upper small sedan costing under $25,000. ^Based on R. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.**

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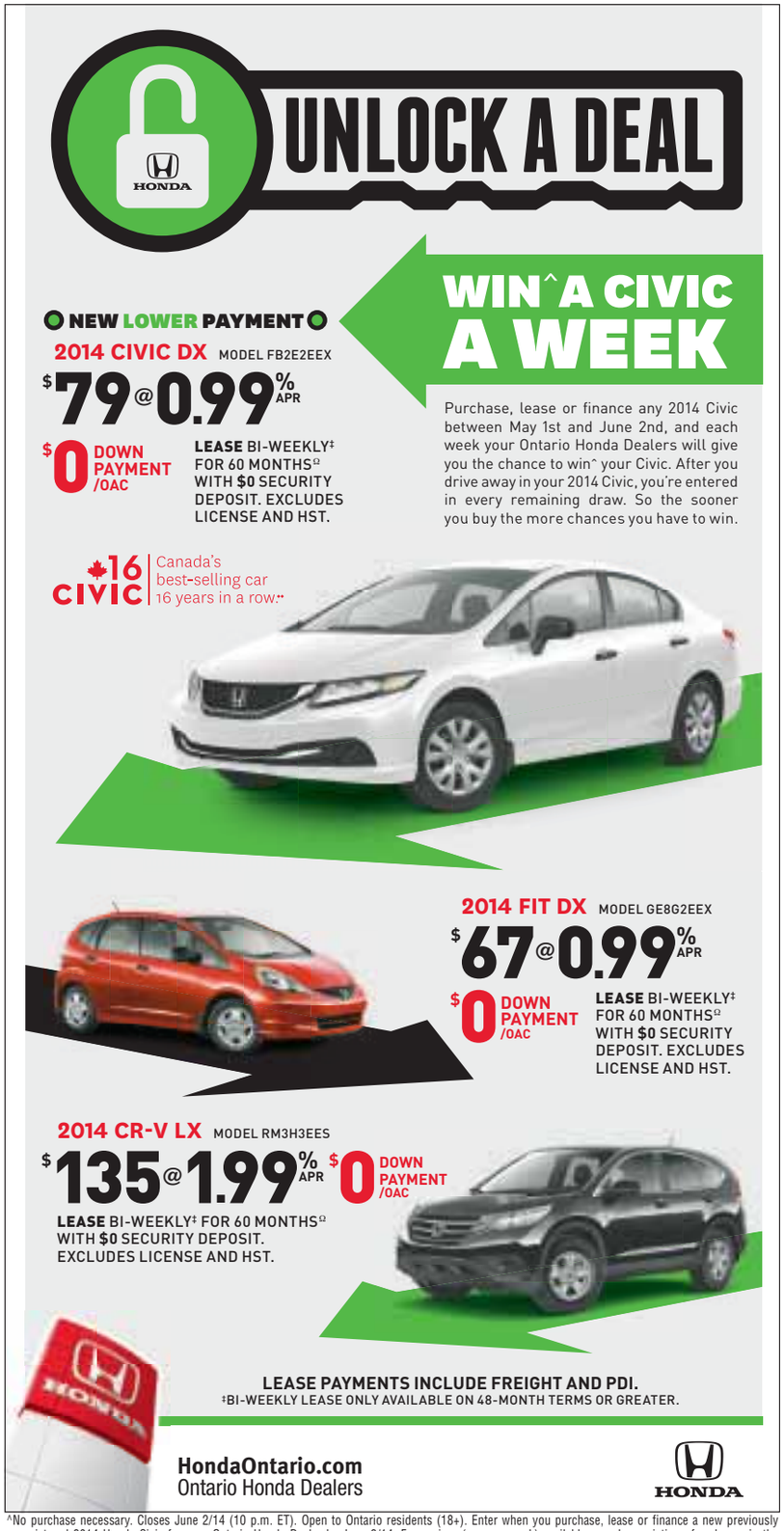
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Has Volvo found the solution to distracted driving?

In development.

The car company is researching sensors that can tell when the driver is sleepy or not paying attention

JIL MCINTOSH
drive@metronews.ca

One of the major factors in car crashes is driver inattention. It can be deadly to ignore what's happening outside the windshield, whether because of fatigue, daydreaming, or looking at the stereo or a phone.

Several automakers are working on solutions to the problem, including Volvo, which is researching sensors that watch the driver. By monitoring such things as where the driver is looking, head position and angle, and how open the eyes are, the system can recognize inattention and take steps to ensure safety.

"If you know that a driver is distracted, you can activate features such as a forward collision warning," says Per Landfors, project leader for drive support functions at Volvo Cars in Sweden. "This is still in the experimental stage. The sensors aren't much different (from existing ones), but what's new is how they're connected to the car, and how the car adapts to you."

The technology uses a sensor that's mounted on the dash in front of the driver. It uses infrared light, emitted by small LEDs, to illuminate the driver to be visible to the sensor. People can't see infrared, so the driver doesn't notice it.

The sensor works like a camera and takes pictures, but doesn't store them. Instead, it analyzes the information in the picture, discards it, and then repeats the process, several times a second. "The car doesn't save any pictures, nor does it have a driver surveillance function," Landfors says.

If the sensor realizes that a driver isn't paying attention, it can activate some of the car's safety functions, depending on what it detects. For a sleepy driver, something like a quick brake pulse could wake him up. If the driver is distracted, systems that warn about imminent collisions, or that can stop the car completely if it's about to hit something, can be adjusted to intervene much sooner than they normally would. "If you're totally aware of what's going on, these can intervene a little bit later," Landfors says. "You only get the warning when you need it."

The system also has the potential to enhance driving for an alert operator. For example, if the system detects that the driver is looking at something on the road, it could aim the headlights toward it for better visibility.

Although the current system under development doesn't save or upload photos, Landfors says that at some time in the future, it is possible that the sensor could take a picture of the driver following a crash and forward it to emergency personnel, who would know in advance what type of trauma care will be necessary.

Quoted

"If you know that a driver is distracted, you can activate features such as a forward collision warning."

Per Landfors, project leader for drive support functions at Volvo Cars in Sweden

Coming soon?

Volvo expects that the recognition system will be available in cars by 2020, but possibly sooner than that.

- **Current Volvo cars can detect a drowsy driver, but this system can differentiate between drowsiness and inattention.**
- **Such systems may be a key to self-driving cars, which will need to know if a driver is paying attention and can take over the task.**

Volvo is considering sensors that watch the driver, monitoring things like where the driver is looking. VOLVO

Horoscopes

♈ Aries
March 21 - April 20
There are many things you have wanted to say but held back because you didn't want to upset people. With the Sun changing signs, you have no choice but to speak up. If you don't, it will be you who suffers.

♉ Taurus
April 21 - May 21
For the past few weeks, all eyes have been on you and there were times when you wanted to hide. Now you can, for a bit. Sooner or later though, you'll be back in the spotlight.

♊ Gemini
May 22 - June 21
Everything is right with the world. Or, if it isn't, it soon will be. The Sun moves into your sign today and a new solar year begins. What are your dreams? Now is the time to get serious.

♋ Cancer
June 22 - July 23
Now that the Sun is moving into the most receptive area of your chart you will find it easier to deal with your sensitive side. For one thing you won't have to pretend that you never need a shoulder to cry on.

♌ Leo
July 24 - Aug. 23
Get out and meet people who share your way of looking at things. On an individual level there is only so much you can do, but acting with others all things become possible.

♍ Virgo
Aug. 24 - Sept. 23
You've been waiting in the shadows. And now is the hour to step out into the world and claim centre stage. The Sun's move into the career area of your chart will encourage you to be more ambitious.

♎ Libra
Sept. 24 - Oct. 23
There will be an obvious change in your mood over the next two or three days. Where before you were high strung and often uptight now you will be relaxed and easygoing.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to have got it into your head that you are entitled to something the world does not seem to want to give you. What happens today will make you realize that you get only what you fight for.

♐ Sagittarius
Nov. 23 - Dec. 21
Find ways to get along with people who rub you the wrong way. Like it or not you are going to have to work closely with various individuals over the next few weeks, so forget about your differences.

♑ Capricorn
Dec. 22 - Jan. 20
As the Sun moves into the work and wellbeing area of your chart today, slow things down — even if it means cutting back on your goals. Getting things done quickly is not as important as getting them done right.

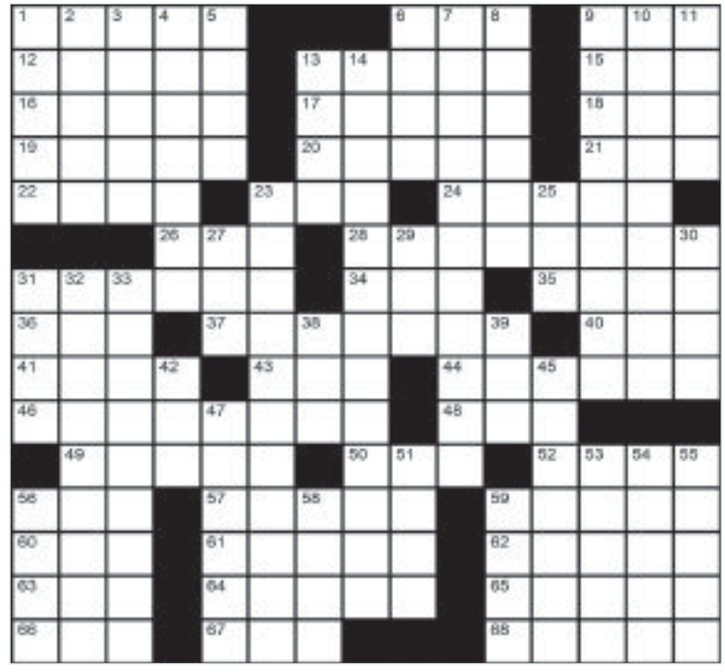
♒ Aquarius
Jan. 21 - Feb. 19
All worries of recent weeks will be swept away over the next 24 hours. No matter how difficult things have been for you, you will find new ways to make your dreams come true.

♓ Pisces
Feb. 20 - March 20
You may not be in the mood to put yourself out for others but someone is in need of your assistance and you'll hate yourself in the long-term if you ignore them. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

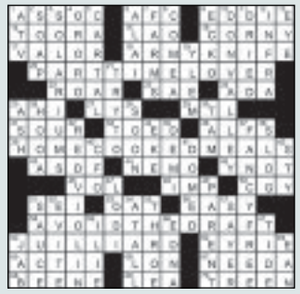
BY KELLY ANN BUCHANAN



Across
1. Word coined by Tyra Banks for a type of photoshoot expression
6. Wedding doc.
9. ___ TVs
12. __ opposites
13. "Saying it __ __ thing, doing..."
15. Mr. Wallach
16. Cartoon style
17. Victoria, BC-born comedian Mr. Jones
18. Sight: French
19. Ticket remnants
20. Poet T.S.
21. Computer co.
22. Mini message
23. Mauna __ (Hawaiian volcano)
24. David Copperfield's Mr. Heep
26. Scot's refusal
28. James Cameron's gig
31. Stunning
34. Medical pros
35. Actress Elisabeth
36. Skater Midori
37. Designer Isaac
40. Communication syst.
41. 'Sultan' suffixes
43. "__ '_' comes fifth?" (Alphabet-learner's query)
44. Scotland's __ Islands
46. North Vancouver Island village
48. 'Ranch' suffix
49. Ancient Roman dictator
50. "Norma Rae" (1979) actress ...her initials-sharers
52. Mr. Werner
56. Bitty space beings
57. Glass-ceiling lobbies
59. Edgar Poe link
60. "Where __ _ begin?"
61. Subatomic particles
62. Explosive stuff
63. Wrath
64. "All systems __ __!"
65. Donnie Wahlberg's gr.
66. "Shameful!"
67. French possessive
68. 'Mississauga' has four

Down
1. Muscle __
2. Del __ (Canned fruit brand)
3. Trojan War's site
4. Hockey game machine
5. '70s Spanish hit: "__ Tu"
6. Ms. Loughlin
7. "...footprints wherever you choose..." goes this Sarah McLachlan song: 3 wds.
8. Middle
9. Canada's Wonderland roller coaster in Vaughan, ON; or, any huge thing
10. Canadian spices, baking products, etc. brand since 1883: 2 wds.
11. Carpe __!
13. 'Thought'-meaning prefix
14. Product for Canadian food brand Renee's: 2 wds.
23. Manitoba __ (Stop on Prince Charles and Camilla's visit to Winnipeg)
25. 'Acrobat' suffix
27. "Gimme __ '_'!" (Start of a cheer for Manitoba)
29. Mr. Gershwin
30. Trust
31. Filmdom's Cameron
32. Witnesses
33. Starring Joely Fisher, 2003 to '05 series on Canadian actor Chris Potter's resume, "__ __: Wild Card"
38. Madhouse
39. Not standard, briefly
42. Mr. Mineo
45. Anton __ Canadian Mustard, since 1948
47. Doubled-lettered-beginning animals
51. Burkina __ (West Africa nation)
53. Choir voices
54. Montreal 'menu'
55. Door accessories
56. Change
58. Some deer
59. Ms. Hathaway

Yesterday's Crossword



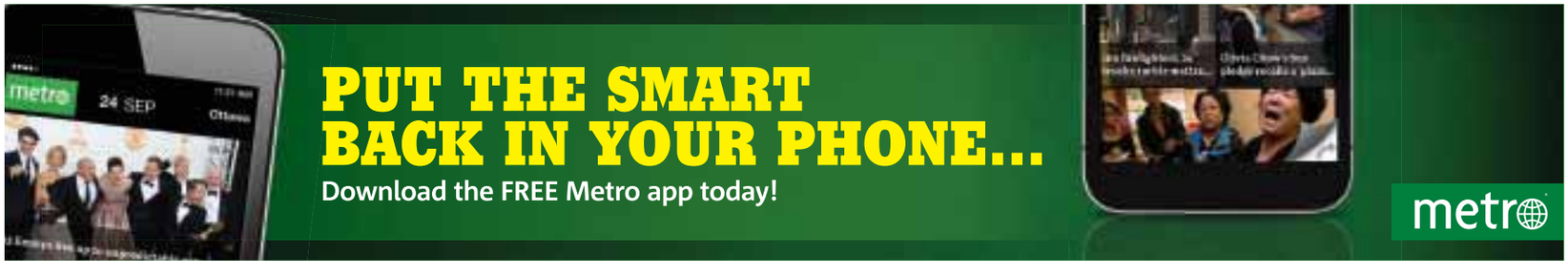
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		6			3			9
4				2				
		1				5	7	
2			7	8				5
9			2		6			1
6				9	4			2
	3	8				1		
				7				6
7			9			4		

Yesterday's Sudoku

9	2	5	3	8	1	6	7	4
3	8	6	4	2	7	9	5	1
7	1	4	5	6	9	8	3	2
8	7	9	2	1	5	3	4	6
5	4	1	6	9	3	2	8	7
2	6	3	7	4	8	1	9	5
4	9	8	1	5	6	7	2	3
1	3	2	9	7	4	5	6	8
6	5	7	8	3	2	4	1	9



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